WHAT IS CLAIMED:

1. A telecommunications node, comprising:

a jitter buffer;

means for receiving one or more information packets, said receiving means including means for storing said one or more information packets in said jitter buffer; and

means for adjusting a length of said one or more information packets based on a size of said jitter buffer.

2. A telecommunications node according to Claim 1, said adjusting means including means for adjusting said length to a predetermined fraction of said size of said jitter buffer.

3. A telecommunications node according to Claim 2, including means for monitoring a size of said jitter buffer during a communication.

4. A telecommunications node according to Claim 3, said adjusting means including means responsive to said monitoring means for adjusting said length to a new size of said jitter buffer during said communication.

5. A telecommunications method, comprising:

receiving one or more information packets, said receiving including storing said one or more information packets in said jitter buffer; and

adjusting a length of said one or more information packets based on a size of said jitter buffer.

6. A telecommunications method according to Claim 5, said adjusting including adjusting said length to a predetermined fraction of said size of said jitter buffer.

7. A telecommunications method according to Claim 6, including monitoring a size of said jitter buffer during a communication. .

8. A telecommunications method according to Claim 7, said adjusting including adjusting said length to a new size of said jitter buffer during said communication.

9. A telecommunications system, comprising:

a packet network;

a plurality of endpoints coupled to said packet network, each of said plurality including a jitter buffer;

wherein each of said plurality of endpoints includes a jitter buffer controller configured to adjust a packet size for communication over said packet network.

10. A telecommunications system according to Claim 9, wherein said jitter buffer controller is configured to compare a proposed packet size with a threshold value, said threshold value representative of a fraction of said jitter buffer size.

11. A telecommunications system according to claim 10, wherein said jitter buffer controller compares said proposed packet size responsive to an H.323 terminal capability exchange.

12. A telecommunication system according to Claim 11, wherein said jitter buffer controller is configured to monitor a size of a jitter buffer during a communication and adjust a packet to a new size during a communication.

13. A telecommunication system according to Claim 9, wherein said endpoints comprise client terminals.

14. A telecommunication device, comprising:

a codec;

a jitter buffer coupled to an input of the codec;

a packetizer coupled to an output of the codec; and

a controller coupled to the codec, the jitter buffer, and the packetizer, wherein the controller is configured to cause the packetizer to adjust a packet size if said packet size is related to a jitter buffer size according to predetermined criteria.

15. A telecommunication device according to Claim 14, wherein the predetermined criteria is a threshold fraction of the jitter buffer size.